

# BRIDGES

THURSDAY, JUNE 20, 2013

## PARENT TO PARENT:

Moms share their odd pregnancy cravings  
P. 10

## DAY TRIPS:

Discover province's history at pioneer museums P. 16

## INVENTORY:

Laundry's affordable and unique clothing finds  
P. 18

A STARPHOENIX COMMUNITY NEWSPAPER

## A WORLD OF EXPERIENCE

NEWCOMERS LIKE VAIBHAV THAKAR  
ARE PROVING HOW FAR A LITTLE  
HARD WORK CAN TAKE YOU P. 4



FREE

# FASHION

## # SASKATCHEWAN FASHION

### Kate Thompson: Stress free grad dress shopping

By Angelina Irinaci

High school graduation dress shopping can be two ways: nerve-wracking and frustrating, or fun and stress-free. Fortunately for Kate Thompson, it was the latter. She and her mom went to only one store, Klassique Designs in Saskatoon, to search for the ideal dress. He store got her there two years ago and Thompson didn't consider looking elsewhere. Plus she knew the style of dress she wanted: a long, classic cut with no puffed shoulders. But the owner of the boutique encouraged her to try on a few "party" dresses just in case. The pair went through different dresses and discussed which styles and designers suited her best.

"It made me appreciate and learn why I needed a dress like that," she says.

After Thompson didn't find a dress that day she didn't go home empty-handed. She was armed with a list of designers that she knew would work for her. Thompson began her online search and it ended as soon as she found the embellished gold Tony Bowls dress. After consulting with her mom, sister and friends, she made the purchase, even if she couldn't see it in person, let alone try it on.

"I was kind of nervous but when it came, it looked better than in the pictures," she says.

And lucky for her, the dress fit perfectly. It only needed to be taken up a couple inches from the bottom. She was prepared well in advance for her graduation at the end of June, where she's most looking forward to having all of the people she cares about most — friends and family — in one place at one time.

The Bishop James Mahoney grad had a long list of activities keeping her busy during the school year: track, volleyball and working on an AP (advanced placement) art portfolio. Although she sometimes puts too much pressure on herself to reach her educational goals, she explains why graduation is about more than grades or passing: "It's a graduation.

"High school is only shapes who you are, that's when you're growing into who you become. I looked back at a picture of me from Grade 9 and I looked so young," she laughs. "You're so young and timid and you come out a completely different person. It's comforting that, that's anything."

Thompson has a lot to celebrate. She is enrolled in the College of Arts and Science at the University of Saskatchewan this fall. She plans on applying to either physiotherapy or medical school (depending on her marks). Something tells us that her make-up will be just fine.

What's your favourite summer fashion trend?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



#### Outfit:

**1 CARRIERS** Le Chateau: "I

thought I'd have to search everywhere for something like these but it [at Chateau] turned out being one of the first places I went."

**2 DRESS** Tony Bowls: "I narrowed it down to three dresses. This one was the most unique so I went for it."

**3 BRACELETS** The gold one is

from Chapters and the pearls are from Aldo. "I considered the accessories since it's my first graduation so much because the dress is so much."

**4 MAMA** Lucy Shaw

**5 CLUTCH** Sprig.

**6 SHOES** Soling: "I just wanted to have flats because I probably wouldn't make it in heels!"

Grade 12 grad Kate Thompson poses in the park at Bellines in the Innovation Place research park in Saskatoon. (PHOTO BY ANGELINA IRINACI)

# INDEX

## # ON THE COVER PG. 4



Many immigrants find employment and better lives in Saskatchewan's bridges. Photo by Kim McLaughlin

## # TABLE OF CONTENTS

### PARISH — 2

Golden apples for high school grads

### COV'R — 4

How a roofing company can change lives

### PARENT TO PARENT — 19

From parents' butter and politics to Ruthen word which means share their odd pregnancy cravings

### READ MY BOOK — 8

### IN THE CITY — 12, 14

Outdoor enthusiasts were Rotary Park for teaching, recreation

### DAY TRIPS — 16

Discover Sevierville's unique past

### INVENTORY — 18

Landry brings affordable and unique pieces to Saskatoon

### GARDENING — 20

How to brighten your garden's aesthetic with yellow foliage

### CROSSWORD AND SUDOKU — 21

### OUTSIDE THE LINES — 22

Artist Sonja Lee McLay's weekly colouring creation

### ON THE SCENE — 23

At the Can-For-Kids Dinner and Dance — a fund raiser for the Saskatoon Crisis Nursery

### MUSIC — 24

Tess' Tess's sound influenced by '60s psychedelic rock

### EVENTS — 26

### WINE WORLD — 28

Tart and refreshing Sangria! Briefer made for hot summer days

### SHARP EATS — 30

Foodie policy at Mervin's Restaurant

### AKIK ELLIE — 31

## # MY FAVOURITE PLACE PG. 14



Cheri Clegg brings her canoe to Mervin Park, her favorite place in Saskatoon. Photo by Kim McLaughlin

**CORRECTION:** Information was incorrect in last week's story about summer music festivals. The Eagle Creek festival is held at Eagle Creek Regional Park, which is not owned by Leo and Dolores Stock. Also, like many of the festivals mentioned in the story, Eagle Creek has to thank a board of directors and plenty of volunteers. We apologize for the confusion and sincerely thank the ones

## BRIDGES COVER PHOTO BY GREG PENDER

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# ON THE COVER

# IMMIGRATION

## How a sizzling economy changes lives



Vaibhav Thakar, an assistant manager at the Central Mall McDonald's, is working to acquire permanent resident status. (He moved here three years ago.) (2013 PHOENIX PHOTO BY SEBASTIEN BRETON)

By Andrew Matte  
with files from  
Angelina Trinici

A phalanx of people from Bangalore aren't interested in it as a key part of Vaibhav Thakar's new life in Chula Vista.

The 30-year-old was among six friends from India granted student visas to attend an Ontario college 10,000 miles apart traveling together to

Bangalore, a previous stops on migrants' as their best chance to become a permanent resident.

Thakar and the others, including his older sister Bindhu, 38, took jobs at fast-food outlets in Australia and began the wait to win permanent resident status, a goal of the growing number of people from places like India and the Philippines to take advantage of Bangalore's sizzling economy.

In India, for someone who's not

educated, it's very hard to get a job," says Thakar, an assistant manager at the Central Mall McDonald's.

Thakar is among a quickly growing number of men and women who leave their home countries for the sake of Bangalore and its jobs, health care and schools. While the federal and provincial governments are sometimes criticized for allowing the hailing foreign workers, local assess claim they meet a demand without help from newcomers, and

In India, for someone who's not educated, it's very hard to get a job.  
— Vaibhav Thakar

doles a sum by the hundreds. For many the notion of a six-figure dollar visit, access to libraries and good schools are the trade off for leaving their homes and families to work a job in a restaurant across the ocean.

Bangalore's economy has added 100,000 to 200,000 immigrants from 100 countries in recent years, making an unprecedented population growth and a record low rate of unemployment.

The businesses with job open-

ings and the workers who want to fill them a complicated and usually expensive application process get underway as government evaluate the qualifications of candidates and requirements of business. In the end, whether a young woman from Mumbai arrives on a student visa that permits her to work at McDonald's or a father leaves his wife and children in India to work at Disney Queen on a temporary work visa both sides wind up happy.

I see that in Canada people like different cultures. They want to learn about different cultures. That's the best thing here. — Thakar



Minibhai Thakar moved to Canada from India and has embraced Mr. Airoo's vision. PHOTO BY CLAUDIO PERIN

The stories of enriched lives and commercial success continue to play out under a shadow of controversy over Citizenship and Immigration Canada's foreign worker scheme and complaints that applications take too long to approve or that too few — or too many — people are allowed into the country.

For Thakar and his sister, leaving their hometown where their family ran a tailoring business was worth the trade for the job and education opportunities in Canada.

"It was one of the most difficult parts of life," Thakar says of saying goodbye to their parents. "It was especially difficult for us... We both came together. So they are there now."

He upholds his parents as an influence in his work, including his work as a DJ and director at Indian cultural events and a Bollywood radio show he hosts on CRCL. Thakar's favourite thing about Canada is a willingness among residents to learn about his culture.

"I see that in Canada people like different cultures. They want to learn about different cultures," says Thakar, who's enhanced life in Sealaska by taking lessons in ballroom and salsa dancing. "That's the best thing here."

Rabbi, who took the same Duquesne College human resources management program as her husband, said Duatta's economy just doesn't

compare to what she's seen in the City of Brady.

"At first, I thought everything was very expensive. But compared to India, it is very easy to get an education here and there are better jobs," says Rishabh, who works at AIA.

He admits it took time to adjust to Switzerland, even weather: "When I came to Sankt Gallen, the first thing I noticed was the weather. But I am used to it now."

• • • •  
Raulito Lopes spent years travelling the world and enjoying family time at home in Rio de Janeiro, Brazil.

"It was worth it, absolutely it was," says Leanne during a break from work at the Opal restaurant in Bremerton. "I work hard and I work all day. I am used to that. But I know have a future and my children can get a good education and there is opportunity here for them. That is why we came to Bremerton."

After working for 15 years on cruise ships, Lague wanted a life where he could live at home with his wife and their sons.

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—Ramulio Lopez



The Lopez family moved to Regina from the Philippines for work in the local fast-food industry. MELISSA PHOTO BY MICHAEL HILL

"When it comes to enjoying my life in the Philippines, it was a good life. It was easy. My wife didn't need to work and my kids went to good schools," says Lopez.

"But I was never there."

He accepted a job at Tim Hortons in Regina, where his prospective car player helped him gain permanent resident status in Canada.

In addition to Lopez's job, his son

spent time with Tanyay Langeman, owner of the first Tim Hortons outlet in Regina. Like many small business owners, she hired many employees overseas and arranged for an apartment and necessities like winter clothes.

In Lopez's case, Langeman quickly

gave him a return on the thousands

he invested.

Boasted by experience in cross-  
shop water, Lopez was promoted

quickly to manager of the Coronation Drive location. Marisa and their oldest sons also got Tim Hortons jobs. "He was a good employer, a very good employer. They all were," says Langeman.

She estimates a minimum commitment from the service industry which says it can't find enough local people to meet demand.

Years ago, she says, full-time staff was supported by high school stu-

dents eager for weekend and after-school hours. Many hours cost a few dollars or were unwilling to map theory or remote truths.

"A lot of parents don't want a work place for their kids. We had young people working here who worked out great. Years ago, we'd get all kinds of kids working here. Nowadays, there are hardly any."

Langeman concedes to having a soft spot for the people in need, which

has benefited the more than two dozen members of eight families she's helped move to Regina. Many of her international recruits have become close friends.

"I like to treat people well because I believe people should be treated with respect," says Langeman. "I started to do this for business reasons. But I also have an opportunity to help people."

Continued on page 6

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#### Sunday July 7 1-4:30 p.m. Garden Concert

Join Lorrie Deighton and friends for a musical performance starting at 2 p.m. in the garden. The house will be open for tours.

#### Sunday July 14 1-4:30 p.m. Washday at the Marr

A hands-on chance to do the washing as they did in pioneer times.

#### Sunday July 21 1-4:30 p.m. Me Ta We Tan

Join us for adventures in putting up a tipi, learning First Nations and Métis games, hoop dancing and craft making, using bones, leather and beads.

#### Sunday July 28 1-4:30 p.m. 100th Anniversary- Forestay Farm Park

Learn about the history of the Sutherland Forest Nature Station, established in 1913. This is a nationally designated heritage site, with many fascinating stories to tell.

For additional information and to pre-register  
please phone 662-1801

Cuts and Save

We watched a couple of employees one day and one kid stood off in the corner, too good to wipe tables. And this new person from overseas was working really hard. — Sabrina Goff



Veronica Thakur (previously Goh) at a charity's Bollywood dance in Saskatoon. SUBMITTED PHOTO

Maria Illescas also has Langman to thank for bringing her husband and two teenage daughters to Regina from the Philippines as 2013 Riva though they owned a successful water-delivery business back home. She reached out to the Two Tone center in Regina.

"When we came here, the apartment. They say 'you're welcome' for us. All of what we need was here," says Illescas, who works alongside her daughters.

The good thing about Regine is that you can make life if you want something, you can get it. All you need to do is work for it."

But the ever-sharp Langman's generosity may have been Lope's.

"I owe her everything I know that I will never find enough words to repay her," he says.

Through their friendship was formed after Lope's quiet but manner to invest in his own

restaurant. Langman understands. "I try not to let it bother me. We're still friends," she says.

Today Lope manages an Ogal outfit on Regina's Harbour Landing, where he struggles to keep used items on staff while working alongside his wife and son.

Now we have our own business. This is about the future of my children," Lope says

• • •

Sabrina Goff, owner of the Praladkumar in Saskatoon, makes a point of celebrating the culture of staff who come from other countries. A map each brings in the staff room, coloured pins illustrating the backgrounds of company staff. This summer, Goff is helping organize a staff family party where native dishes will be shared.

Canada is great because of the people who live here. And it's about the money that we make here. But it's also about the opportunity for my kids. — Jordan Espinosa

"When you looked at the map the green trees scattered all over the place."

Like True Time in Regina, many young people have turned working at Tim Hortons but the number of applicants has dropped. And the difference is the quality of the work between many young people and their overseas colleagues is easy to see, Goff says.

"We watched a couple of can players one day and one had stood off in the corner too good in wife tables. And this new person from overseas was working really hard. She settled in the customers and her face lit up. She didn't need to speak to our guests. It was just the way she interacted with people that was so good."

A thumbed-in job in the service industry or a sense of entitlement that "I'm here to do this" can bring up to paravans overcommunicating while trying to give the customers a high standard of service, Goff says.

"Denies their laundry all the time maybe doesn't help," says Goff. "They're entitled. You to blame ... maybe we're paying for that saying to more liberal parenting. We need to move from the older generation where there was speaking and dominating."

Jordan Espinosa, 31, celebrated news of his permanent residency status by getting a part-time job. After nearly four years as a line poetry worker at a Regina Dairy Queen, Espinosa's mother was up graded, enabling him to bring his momma to see wife and two children from the Philippines.

"It was a long time. But it's OK because we are all together," says Espinosa, a vaporiser who also works part-time at a local seafood plant.

After working for years at Mr. Donatello's in Manila, he'd dreamt about Canada's life.

"Everybody in the Philippines knows that Canada is one of the best," says Espinosa, whose wife Arlene was also given a DQ job.

"Canada is great because of the people who live here. And it's about



Jordan Espinosa (left) works behind the counter to help his wife, Arlene Espinosa, who moved to Canada from the Philippines. Arlene is supervisor at Dairy Queen's Re-le-

monday. Jordan Espinosa has not yet given her a job, but is preparing her. "It's the main reason I came," he says.

Follow-up: Jordan Espinosa, 31, arrived in Regina on the same day as Espinosa's brother and work under a temporary work visa. Like others from the Philippines, he has status in the company. They ate Prits and live in an apartment owned by his employer.

Espinosa credits Tim's general

for the

success that she's made there.

"She's a genuinely nice girl to me, to be honest. I really don't know how to repay her."

He

appreciates the community that she's made friends following a business decision to leave from abroad.

"In many ways, these people are like one family. Many members of my staff have been to my house

for a salsa night. Another night, people come over and we learned how to make salsa rolls," says Heriza.

In 2007, she struggled to find work at the McCarthy Blvd. location and at a new place planned for Rockdale Blvd. Local employees sometimes struggled to do the work or lost interest after getting hired.

"It was hell getting staff back then. We'd hire 10 people and we'd

lose eight," says Heriza.

With the help of an immigrant to them, Fifteen staff arrived in groups of six to Regina, where Heriza helped get them settled by buying clothing or arranging for dinner at homes.

"We went above and beyond. Maybe that's why most of them are still here. — Looking back, I am glad we did."

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**NEXT WEEK:** What's your favourite way to spend summer in the city with kids?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

**Did you have any strange cravings or habits during pregnancy?**

"Stutter sandwhich" (sandwich all over downtown Saskatoon) in June. I really found that the Senator Hotel offered them. And yes, ones too." — Kelly Genes Potts

"I couldn't eat enough sour cream when I was pregnant! I ate it with a piece of everything." — Blanche Rodek

"I craved pickles every night. If I had to be home-made and not processed ones." — Shirley Weber

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"I craved" (as in Web host dad) I had anorexia (appar- ently with my first) and was 20 weeks with my second. I ate like a glutton. — Leyla McLeod

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note that for obvious reasons I have not been able to have, but have thought of and dreamt of for months! Peanut butter and cheese though. Protein and omega 3 would be better for the fat pharmer and I would eat too much sugar for the taste, so the time I've dreamt the PB&J. — ShellyNae Meyer

"I craved" (as in Web host dad) I had anorexia (appar- ently with my first) and was 20 weeks with my second. I ate like a glutton. — Leyla McLeod

"When I was pregnant with my twins all I wanted to eat was grilled cheese sandwiches and ham sandwiches. There was no desire to eat anything else (except maybe a立面 meat throughout). I had a lot of bread, some cheese, magazines and a griddle sandwich toaster so when we got my sisters' second twin I was so used to my sandwich-eating ways that I was able to eat because I always ate sandwiches for my three sons." — Michelle Geddes

"The only food I craved was Indian food" (she is an Indian food fan from Rivers of India (in Regent). I also ate raw carrots (I ate whole carrots) and raw carrots like a raw foodie like that. And ate rice with coleslaw for a while after that. After that I couldn't eat it. My baby was eating too much of that time. — Lynn Frey

"With my first pregnancy there were two things that I craved: White cake with white frosting (I eat about one slice per day right as I've left my bed) and Diet Coke. After my daughter was born, I couldn't stand Starbucks (I was the only one that could stand Starbucks in another store). — Pam Lenz



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# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# LESLEY-ANNE MCLEOD

## A history lesson told in fiction

History isn't exactly as boring as it might have seemed in high school. It's simply an amalgam of stories, of lines of emotion, of experiences.

The Regency Storybook is a collection of such stories set in England in the early 19th century in place and time of extraordinary happenings. The lives of ordinary people were buffeted by wars abroad and political upheaval at home — but all that different from today. Yet life was much more solid and intimate, flourished in a pool of golden light. While society was led by a glibbering aristocracy, the characters that populate these particular stories are from a variety of backgrounds, and of a wide range of ages.

The Regency Storybook is a fictional people face the challenges of everyday life, but in each case a momentous historical event touches them even at only briefly. A young

lady is caught up in the assassination of a prime minister. The publication of a history classic causes problems for a gentleman. A dowager visits with an old friend, who happens to be the Prince Regent's mistress. The Battle of Waterloo overwhelms a middle-class household as the entire nation is glued to the news. And the tragic death of a prince changes another family's place to great advantage the country.

While these events are all years past, each one of us today is affected similarly by the momentous happenings of our own time. As I wrote each of these 12 stories, I found myself experiencing more closely than I'd

imagined, possible with the characters I'd created as they struggled to deal with both private and public woes.

Artist Shikoroi and I worked to create a gift book in which historical stories and illustrations go hand in hand. Her delicate drawings illustrate each story, providing a glimpse of the everyday appearance of each of the protagonists. I hope our book echoes the era of authors like Jane Austen and follows in the tradition of more recent Regency authors such as Georgette Heyer.

Lesley-Anne McLeod has been writing for 30 years. She has 18 e-books available, plus Regency romances and five Regency novellas, and is in print this collection of Regency short stories. Lesley-Anne is a devoted Englisher and is committed to historical research. She blogs weekly at [lesley-anne-macleod.blogspot.ca](http://lesley-anne-macleod.blogspot.ca).



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# JUNE 11, 2013 — 8:14 P.M.

## A taste of Spain on Broadway



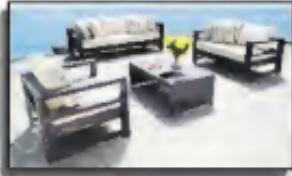
A celebration of Spain's music and dance was held at the Broadway Theatre on June 11. Flamenco showcased the energy through marching, singing and dancing. **Melissa Healy** / **PHOENIX**



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## # MY FAVOURITE PLACE

## Exploring the lake in the city



Chris Chochis on the river by Victoria Park has this funnier place in the inner city. His home is nearby and says it's 'the best place to live in Saskatoon.' BRIDGET BRADY/MONTREAL STAR

By Angelina Irinaci

The Outdoor School gives Grade 11 students the opportunity to leave it through experience as the class room is replaced by the outdoors. The students take on the province's environment. Through canoeing, hiking and cycling expeditions, one of the program's leaders, Chochis Chochis will be leaving the classroom on the unoccupied year end, with a long-term trip on the Churchill River. When he's not teaching Chochis is spending even more time outdoors. While he's been to some of the most breathtaking places in the world, Chochis still thinks that Saskatoon's Victoria Park has it all. And lucky for him, he lives just steps away. In fact, on the sunnier time he can be found walking down

to the park, barefoot, ready to go for a paddle.

Q What is it about *Victoria Park* that makes it your *favourite place* in the city?

A In this area you have a little bit of everything, it's kind of having the best. There's people going skating in winter, there's cycling, walking, there's a park, there's swimming. We're near the river, it's just perfect. It's not that it's outdoors but it's cultural as well. It's kind of that perfect playground. It's just really what we go on holidays for and that's what it's like down here all the time. And it's in the middle of the city.

Q What's your *favourite thing* to do at *Victoria Park*?

A It depends on the day and on

the weather. If it's looking more to summer activities then tennis if I'm thinking about just reflection and relaxation time and solitude I think about paddling. Whether it's standup paddling or canoeing, you can be in the middle of the city and you can see much more traffic going over the bridges, but when you get out on the water there's just paddle and quiet. If you just paddle around the corner from here there are heron down, geese and pelicans and all that life and serenity in the middle of the city.

Q Do you get to enjoy *Victoria Park* in the winter?

A With Victoria Park closed now you can actually ski down [Victoria Hill] and take the off-ramp and you end up making it all the way to the

park. All of a sudden you end up here and it's awesome to do a few laps of cross country skiing!

Q Are there any other *Outdoor* gems of the area that you can't wait about?

A The mountain biking trails are surprisingly really good along the river. They start just downstream from here. Depending on the water level there are little patches that form along the shore that most people don't see. But when you get on a board and paddle along the river then you see all those people that usually on these little patches and that they have to themselves.

Q How do you use *Victoria Park* as a *teach* students at the *Outdoor School*?

A Here we do some urban geog-

raphy. You have a good sight line of downtown and all the bridges looking at transportation phenomology ... looking at the historical core of Saskatoon. It's fun down here, but historically it's important. The Mary Residence, just up the road, is the oldest building in Saskatoon. And this is [the students'] first place to paddle on moving water.

Q What's your *favourite memory* of *Victoria Park*?

A It's those beautiful evenings when you see rare animals. You get the sun behind them, there's mammals that perfect. It's glass calm, maybe somebody wakeboards up by there and some music playing. It's that moment frozen in time and it just reminds me that this is the best place to live in the city.

# BRIDGES

## EVENT PROFILE

### Royal University Hospital Foundation's 8th Annual Celebrity Golf Classic: in partnership with the Saskatoon Blades

Picture this: you and one of your favorite hockey heroes enjoying 18 holes of golf and raising funds for healthcare at the same time. The Royal University Hospital (RUH) Celebrity Golf Classic, coming up June 26 and 27, provides you with this exceptional opportunity to have some big fun on the fairways while raising money for their "Future That" Campaign to support Saskatchewan's first PET/CT at Royal University Hospital.

In its eighth year, this year's RUH Celebrity Golf Classic features a partnership with the Saskatoon Blades past and present, and participation from their Hall of Fame. The event draws remarkable community participation and support. "Saskatoon people are very giving and they love to support hockey and their community. Our sponsors are incredible," says volunteer Clair Bob Fawcett. "Since 2006 over \$1.22 million (and) has been raised for healthcare priorities at RUH."

Fawcett is in his second year as chair of the RUH Celebrity Golf Classic and says he first got involved because of his association with Luke & Brendyn Scheen. "The fundraiser is a high profile event for a very important cause, a PET/CT scanner for cancer care and medical physics," says Fawcett. "I greatly value the opportunity to be a part of three initiatives and to share the experience with some of our local hockey professionals," he adds.

The two-day event begins with a Community Autograph Signing opportunity put on by presenting sponsor Saskatoon & Region Home Builders' Association at River Landing on June 26 from 3:00 - 4:30 p.m. Later that day a sponsorship shade pea reception will be held at the Radisson Hotel at 5:30 p.m., followed by the banquet at 6:10. After the banquet the live auction kicks off with bidding bids for that special player, the

banquet rounds out the event, allowing players to relax and celebrate how much money was raised.

The participation of the hockey celebrities listed below is greatly appreciated by the RUH Foundation. "All of these celebrities are very busy during their off-season," says Fawcett. "They have really come to appreciate what they do to give back to the community. I have nothing but respect for those who take the time to support



Brendyn Scheen provides autographs for young fans.  
Photo courtesy of RUH Foundation

Hockey celebrity that the golfers want to golf with. On June 27th the action moves to the Saskatoon Moosejaw Golf & Country Club, where golfers and participants spend a full day together. Local players put their clubs they enjoy breakfast together at the course, and then it's on. At the end of the day a

involves like ours knowing that all of these guys are mandated web seminar requesters."

You can make a difference in your life or someone else's by participating in the RUH Celebrity Golf Classic. "We would like the public to support this event by public, logistic efforts for the banquet and attending the autograph



Photo courtesy of RUH Foundation

signing event," says Fawcett. "We currently have a team of volunteers assembled for this event. These volunteers as well as staffers from the RUH Foundation and the Moosejaw Golf Course ensure that this will once again be a successful event."

The official grand opening of the Molecular Imaging Chairs including the PET/CT scanner is set for July. At least 70 total scans of patients have been completed since May 1 and as of today people across Saskatchewan will have access to more accurate diagnosis leading to faster, more effective treatment for cancer patients and neurology patients. Your support of this campaign goes a long way to helping to fund cancer and neurology related education and research.

Candy Kremenski knows exactly how important it is to have a PET/CT scanner in Saskatchewan. Diagnosed with

a more form of stomach cancer, she has traveled to Vancouver and Edmonton numerous times for a PET/CT scan to monitor the size of tumors. In May she had a scan at RUH and it was the first time since 2004 that she didn't have to leave the province for a PET/CT scan. "It makes such a difference to be able to stay closer to home, family and friends," says Kremenski.

The RUH Foundation is very grateful to their many sponsors including Associated Radiologists, ITUM Motor Group, All Weather Windows-Saskatoon and the Saskatoon Gold & Country Club as well as presenting sponsor Saskatoon & Region Home Builders' Association.

To receive a spot to golf contact Connie Berries at 306-651-6261 and email to [connie.berries@saskatongoldandcountry.com](mailto:connie.berries@saskatongoldandcountry.com)



### Royal University Hospital Foundation's 8th Annual Celebrity Golf Classic In Partnership with the Saskatoon Blades

June 26 & 27, 2013

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Galiteers are coming to Saskatoon to help raise  
funds for continuing research and education in  
nuclear medicine at the PotashCorp  
PET/CT Centre at Royal University Hospital

#### Expected to be in attendance:

Luke Scheen, Brendyn Scheen,  
Derek Hartshorne, former Edmonton Oil  
Sands, former St. Louis Blues, Minnesota Twins  
Eric Byrnes, Brandon Sutter,  
Holt Doyle, Tampa Bay Lightning



Presented by  
Saskatoon & Region Home Builders' Association's  
Community Autograph Signing

Join us at the Riverlanding  
Wednesday, June 26 from 3:30 - 4:30 p.m.

If you would like to support this event by purchasing a golf foursome or a golf spot, please contact Connie at 306-651-6261 or [connie.berries@saskatongoldandcountry.com](mailto:connie.berries@saskatongoldandcountry.com)  
For more information and updates visit [ruh.org](http://ruh.org)

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## # PROVINCIAL MUSEUMS

### Discover Saskatchewan's pioneer past

By Edna Manning

Museums help us identify and connect with the culture and history of a previous generation. They also preserve, protect and display artifacts that would otherwise become lost and forgotten.

It's these reasons that Harry Wilson, chair of the Wilson Museum in Didsbury, says museums are important. It's also why he enjoys educating everyone from school groups to day tourists about the early pioneer experiences.

The Wilson Museum is home to a number of noteworthy exhibits, including a medical display with a real cow lung, which was used to treat paroxysms of muscles and organs of breathing. Other exhibits include a costume belonging to Chief Bill Littlefeather, chief of the Whitemud Dakota Sioux First Nations during the 1880s, a full-length cage made from the heart feathers of the Prairie chicken, a two-headed calf, and a restored, long-stirrup used by the early settlers in the area.

Didsbury's native former Charlie Perner is also recognized at the museum. That gas-toting business leader is depicted to have ridden with John James in several bank raids and train robberies. Perner notes that Charlie and his son Bob homesteaded just north of the museum. The brother Allan was married to Jessie James.

Directors of the museum are trying to bring back artifacts never on display in a 1991 archaeological survey. Wilson says, "We've got a lot of artifacts that researches recovered two years ago, arrowheads, knives, tools, made of bone, shells and teeth and stones used for grinding pastures.

According to Perner, two men, Dr. J. Parris, a local medical doctor and Dr. William Parks (from Ontario), discovered these items in a spring fed bog which was used as a water source. In 1984 University of Saskatchewan students conducted more excavations.

The artifacts from the original



Harry Wilson, chair of the Wilson Museum in Didsbury. He stands beside the Holk Lunx a machine used for the analysis of the insects-and-diseases that infest

REBECKA PHOTOS BY EDNA MANNING



The Saskatchewan River Valley Museum has a historic Merrimac house, built around 1907.

excavation were borrowed from the Royal Ontario Museum for further analysis and documentation then returned to Ontario where they are still in storage. We're working at having these items returned so we can put them on display here," said Perner.

The Wilson Museum was founded in 1991 by local residents Bob and Maxine Wilson. They were very involved in the community and worked hard to establish the museum. In 1990 the museum was incorporated and a non-profit organization was formed. Perner and his wife Maxine became involved when health problems prevented the Wilsons from continuing.

The Wilson Museum is open Ven-

ture Day to Labour Day, Saturday, Sunday and statutory holidays from 9 a.m. to 4 p.m. or by appointment. Phone (306) 983-4151.

• • •

The Saskatchewan River Valley Museum reflects all aspects of early settlers' lives in a town of the century setting. Some of the artifacts on display include many pre-1800s household furnishings and appliances relating to the earliest aspects of the home from the late 1800s and on. Visitors will enjoy touring the general store, a barber shop, a doctor's office, a sports arena and more.

The museum is located in a three-



A historical plow on display at the Wilson Museum



Vince the 1915 Willys Overland touring automobile at the Saskatchewan Valley Museum

acre site in the town of Hogan Woods, Saskatchewan.

Also on display is a 1915 Willys Overland touring automobile, a 1926 John Deere Caterpillar tractor, a 1930s John Deere McCormick W-4 tractor, a Western Canadian collection of farmhand tools and a full line of agricultural machinery.

The Saskatchewan Valley Museum, located at 206 East Hartney Street in Hogan, is open until the Thanksgiving weekend in October. Hours of operation are 1 to 5 p.m. Friday to Monday. Private tours are available by appointment, phone (306) 889-0112 or (306) 285-0581.

Beds are located in guesthouses on site and make a perfect Saskatchewan day trip.

The Wilson Museum is open Victoria Day to Labour Day, Saturday, Sunday and statutory holidays from 10 a.m. to 4 p.m.  
 The Saskatchewan Valley Museum is open from the Victoria Day weekend in May to the Thanksgiving weekend in October. Hours of operation are 1 p.m. to 5 p.m., Friday to Monday.



An arrowhead display at Saskatchewan Valley Valley Museum



An antique Russian Samovar (metal urn with internal tube for heating water to make tea)

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BRIDGES PHOTOS  
BY MICHELLE BRIDGES



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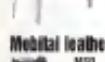
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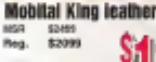
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# GARDENING

## # FOILAGE

### How to incorporate yellow into gardens

By Erl Svendsen

#### Foliage is most plants' primary organ

Plants use it to store energy from the sun, converting carbon dioxide and water into sugars and oxygen through photosynthesis.

In the garden, foliage provides visual appeal with a variety of textures, shapes and sizes. If the leaves are the typical green, then they can act as negative space — a fill if you will — a space which colorful flowers and structures are highlighted. If the leaves aren't green (a common color is yellow), then the whole plant stands out. These plant colors typically last most of the season.

In the garden, yellow helps to direct your eye to the area of interest, convincing visitors to take a walk and drawing them along a paved path. It also helps to brighten an otherwise shady area.

Yellow is a great choice to highlight its complementary colors: purple, especially in a shady area where purple can literally disappear. Yellow can be combined with red and blue to create interesting effects as they play off each other. But a little goes a long way — avoid creating a circus effect. When working with yellow plants, don't forget that flowers create petals and ephemerous contrasts are useful reserves against the tedium.

You have several choices when it comes to yellow plants:

Yellow leafed spirea (*Spirea* spp.) are typically woody, glandular shrubs with delicate pink, red or rose flowers that bloom in early to midsummer. Some yellow cultivars produce red leaves that start to mature in fall.

My favorite is 'Moulin Rouge', aptly named for its shape and bright yellow hue. It's most colorful in fall and, sending towards theory, yellow in light shade. The time to plant is spring to create a perfect mound. Also, give your plants a light sheen right after flowering to encourage a second bloom.

Golden asters (*Aster* spp.) come in many shapes and sizes. Flowers are shade tolerant but in too much shade, golden asters will be mere lime than yellow. Given the right sun, they can burn. Their most enemy is the slug. Their most enemy is the slug. Golden asters include 'Maid of Truth', 'Gold Standard' and 'August Moon'.



Photo: Mark Sanguin Spirea is striking despite its fall color. PHOTO COURTESY ERL SVENDSEN

Golden chain-link (*Phragmites australis*) is a medium-sized, clumped, shaggy bark, produces not so special white flowers, and is a water-wise species. This is fall color at its best, especially in part shade. Individual branches may expand over winter, so check — just prune those out in the spring. Available cultivars include 'Lutea' and 'Dart's Gold'.

Golden hops (*Lithospermum latifolium* 'Aureum') are a vigorous vine that grows up to 10 feet and likes to be pruned at the end of the season (do not over-prune). The stems and leaves have short prickles, so wear long sleeves when working

around the vines. They actually produce hops. If you make your own beer from scratch you could try using your own home grown hops, but I prefer to use ones on the resulting beer.

Finally, there are two dependable yellow perennials. The first one is the yellow common juniper (*Juniperus communis*) 'Degen's Aurea'. New growth is bright yellow, fading to lime in the fall and returning in the spring as lime. The short, oval-shaped leaves are sharp and may irritate the skin. Bleaching up to 8 feet tall, it may spread up to 10 feet if left unchecked. The other juniper is 'Mother-of-thyme' (*Juniperus hor-*

*mentalis*) 'Mother-of-thyme'. It is a ground-cover reaching only 10cm tall but spreads to form a dense mat up to 10 feet wide. Both junipers are evergreen, covered with prickles, prickly.

This column is provided courtesy of the *Arizona Master Gardener Program* (azmastergardener.org) and its director, Erl Svendsen (jgsvensn@asu.edu).

#### Announcements

Gardening is open for the season. Call 366-988-5855 during regular charges apply) Monday to Thursday or send your questions to *gardenline@azsua.edu*.



# OUTSIDE THE LINES



## # Colouring contest

Each week, Shehane McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bigshot@eastlink.ca](mailto:bigshot@eastlink.ca). One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Ali Pennu. Thanks to everyone who submitted entries!



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# ON THE SCENE

## # CARE FOR KIDS DINNER & DANCE



**2** The Sixteenth Cross Nursery celebrated its 30th anniversary during the annual Care for Kids Dinner & Dance on June 14. Held at the German Cultural Center, guests enjoyed a German feast and danced to music from the One Precious Recipe Band. A silent auction, 50/50 draw, raffle and West Art gift tickets were also highlights of the evening.

The Cross Nursery is a Christian, non-denominational, non-profit organization for children whose families encounter a crisis. When a mate can't or is not available, parents may leave their children while the problem is resolved. The Cross Nursery is here on the side that provides this care during a crisis, will protect a child against potential danger and encourage healthy family growths.

- 3** Rhonie Dehl, Mary Welter and Bill Welter
- 4** Lise Weller, Mills Cross Nursery program director and Collette Allen
- 5** Hugo Alvarado, Hugo Alvarado, Alice Kastenmaier and Brenda McRae
- 6** Jennifer Barber (Brynjord with daughter Hayley Allegro Minton), Tena Weller and Austin Smith



# MUSIC

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# TINSEL TREES

## Band's debut a long time coming



Even though Phoenix's Tinsel Trees have been around for almost a decade, they hope to record their first album this year. Michael Gardner (bass), Jim Lindsay (drums), Jim De Demiray and Colin Gaucher. JAMES GRAHAM PHOTO

By Andrew Matte

For most bands, recording a first album is a victory. In the case of Tinsel Trees, their debut album will also be a riddle.

Recording of the full album as they understand it has been put on hold since last efforts to write songs, record and even tour have been derailed by personnel changes. But today the band is more stable than it's ever been and founder Jim De Demiray is hopeful he might reach a goal set nearly a decade ago.

"There is a feeling that I has gone long enough. It's time to record some songs," says Lindsay, during a break from his full-time job as a

painter. "It's pretty weird we haven't recorded an album. I think that And people around town think we're pretty weird too."

The band has plans to record its songs in Regent with the help of Jason Finch and his new studio in northeast CRE. Regent's Broad Street facility, before heading to Montreal for mixing.

Friday, May 16, launched Tinsel Trees with a plan to get help to make has melodies and source some to life. While the band has benefited from long-term members, Tinsel Trees is also notorious for losing others, usually at important times.

"We've written material but then stuff would happen with members. Some would leave the band or

move away and then we'd end up rewriting some stuff. Then some thing else would happen," says Lindsay. "We tried really hard to push through And it was hard sometimes but today I believe in the songs we wrote."

While Lindsay is the main song-writing guitarist, Michael Gardner is usually the first to add ideas.

"Mike adds in at and the rest will contribute to it," Lindsay says. "Mike is really good working with song structure. So I look to him a lot of that part of the writing. We'll bicker and laugh and sometimes get another part in. That's where his skill set is."

With a sound described as low key pop influenced by Lindsay's affinity for music from the 1960s and pop/rock, heper for Tinsel Trees remains modest and hasn't changed much since the band's inception.

"My main objective and what I have wanted from the beginning was to just make a record that I was proud of. I want to make a record that I'm proud of, my audience can not turn around and say 'I'm not a fan of' or not being out there shows. But we hope to tour our day to if we play some good shows and put out a good record, I'd be happy."

Parties challenging Lindsay and his bandmates is hardly new. With new responsibilities as fathers, spending every time to rehearse or write music music more challenging than it was in Tinsel Trees' early days.

"Sometimes 300 kids in. But we work around it," says Lindsay. "I have two of two young children. We had that at one time on, particularly for those of us with kids. It gets a little more difficult. We're not just a bunch of kids who play in a band anymore. Brought by our enthusiasm and the presence of a few adults, Tinsel Trees has played several high-profile local shows. The band is also slated to perform with The Rebound Lakes on June 20 at the Exchange in Regent.

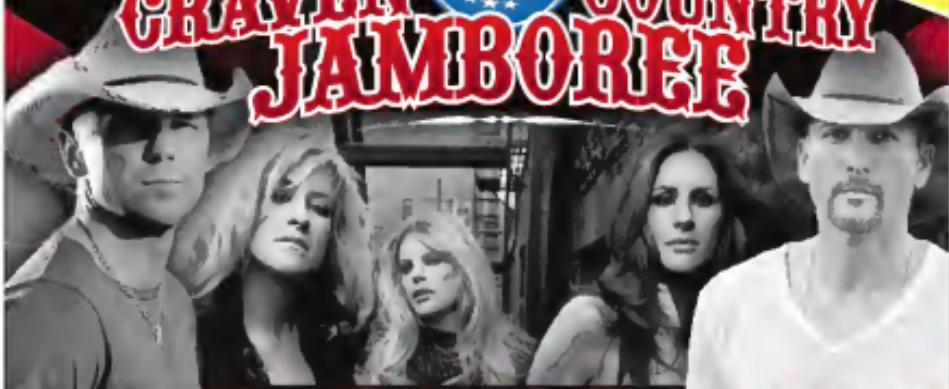
Believe it or not, that is when I never stayed away from it. I have never tried to impress anyone or try to fit into any sort of mode. I just do what I do and if people like it, then great," Lindsay says. "Some people might not get it but I think we have a leg enough crowd that likes what we do."

JULY 11-14, 2013



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# EVENTS

## # MUSIC

Thursday, June 20

**Side of Groovy**  
Checkers Restaurant and  
Lounge,  
#1-327 Pinhook Dr.

**Three String Pretties**  
Beds on Broadway,  
811 Broadway Ave.

**Head McGahey w/ Marty Giovanni  
and the Black Pals**  
The Odessa Events Centre,  
341 Second Ave. S.

**Darrik**  
Tropic Nightclub,  
1221 Albert Ave.

Friday, June 21

**Fear of Knowing**  
Bulls on Broadway,  
811 Broadway Ave.

**MBM**  
Army & Navy Veterans Club,  
319 First Ave. N

**Laurel Lizzards**  
Toon Town Tavern,  
1430 Franklin Dr.

**Leon Dicks**  
Fairfield Events Centre,  
163 Fairmont Crss.

**Jetts**  
McCarthy's Irishman,  
3100 Eighth St. E

**Peer Young Things w/ White-  
key Soaps**  
Vangalis Tavern,  
#10 Broadway Ave.

**Seasalt! Saskatchewan Jazz  
Festival** **Les Phillips** and  
the Expressions w/ Charly  
Hastie

**The 11th Octave**  
Somewhere Else Pub and Grill,  
2605 Broadway Ave.

**Terri Ann Stromberg**  
Stearns Place,  
106-110 Ruth St. E.



Arachika Cain James will be performing at the SaskTel Saskatchewan Jazz Festival from June 21 to July 7. (Courtesy of the festival)

**Terri Ann Stromberg**  
Stearns Place,  
106-110 Ruth St. E.

**Fear of Knowing**  
Bulls on Broadway,  
811 Broadway Ave.

**Presidio**  
Natura Legion,  
3021 Louise St.

**Geekz** **Charly**  
McCarthy Robinson,  
3300 Eighth St. E.

**MMK**  
Army & Navy Veterans Club,  
319 First Ave. N

**Seasalt! Saskatchewan Jazz  
Festival** **Les Phillips** and  
the Expressions w/ Charly  
Hastie

**Benjamine**  
Vangalis Tavern,  
801 Broadway Ave.

**Outside the Wall, Unchained  
and Kastner**  
The Odessa Events Centre,  
341 Second Ave. S.

**SaskTel Saskatchewan Jazz  
Festival** **Les Phillips** and the  
Expressions w/ Phoenix

**Lauren & The Strength**  
Avangis Cantina,  
632 10th St. E

**The 11th Octave**  
Somewhere Else Pub and Grill,  
2605 Broadway Ave.

**Terri Ann Stromberg**  
Stearns Place,  
106-110 Ruth St. E.

**Smiley, Jamie 23**  
Beds on Broadway,  
811 Broadway Ave.

**Primalia**  
Natura Legion,  
3021 Louise St.

**SaskTel Saskatchewan Jazz  
Festival** **Les Phillips** and the  
Expressions w/ Phoenix

**Lauren & The Strength**  
Avangis Cantina,  
632 10th St. E

**Tonight It's Poetry**  
Lydia's Pub,  
801 Broadway Ave.

**Memory, June 24**  
Beds on Broadway,  
811 Broadway Ave.

**Tuesday, June 25**  
Big Dave McLean  
Beds on Broadway,  
811 Broadway Ave.

**Mac Deemore w/ Geves**  
Vangalis Tavern,  
801 Broadway Ave.

**Open Mic**  
Lydia's Pub,  
801 Broadway Ave.

**Winehouse, June 26**  
Big Dave McLean  
Beds on Broadway,  
811 Broadway Ave.

**Big Dave McLean**  
Beds on Broadway,  
811 Broadway Ave.

**Michael Bernard Fitzgerald**  
Avangis Cantina,  
632 10th St. E

**Open Mic**  
Rock the Nations,  
3021 Broadway Ave.

**Jeffrey Broadway Record  
Club**  
Vangalis Tavern,  
801 Broadway Ave.

**Seaweed Out**  
Lydia's Pub,  
801 Broadway Ave.

## # ART

**Medell Art Gallery**  
1025 10th St. E at 10th & Spadina  
Cres. E. An Art at the Memory  
of Love, by Bill Morris.

The Art at the Memory of Love, 1941-1960 is a comprehensive exhibition about Canada's foremost avant-garde movement, featuring works by Jean-Paul Riopelle and most-famous band was the avant-garde Saskatoon avant-garde Art Scene 1936-1964, examines a lively period in the province's artistic development, featuring Ernest Underwood, Robert Horner, Rita Cooley and Wynona Mulcahy. Located by hoodie LaTourelle, is an installation of geometric structures featured in the lobby. The artists by artists exhibited on, altered states, fantastical works by Cate Friends and her mentor Jim Hauser. Lydia, a sculpture by Kim Adams, was recently donated to the Medell Art Gallery by EMMO Financial Group and is on view until Sept. 2 at the Westmount Art Council. May 26. The Gallery will present a different 4 Berk jewelry trunk show June 23 from 10 a.m. to 6 p.m.

**The Gallerie, Presenting Mon-  
treal Library**  
2401 June 20 at 231 23rd St. E  
SPL1000155. In Pictures, His-  
toric photos from local history col-  
lecting the rich history of  
the Saskatoon Public Library  
during its 2013 centennial  
celebration.



# EVENTS



Catch live thoroughbred horse racing Friday and Saturday at Marquis Downs. (REBORN FILE PHOTO BY BRIAN MAGNAN)

## Baikal Ta! Baikal! Saskatchewan Jazz Festival

June 21–24. 8 a.m. at Weezer's Feed & Wine on Broadview. Kick-off Sunday with a locally-sourced dinner. Proceedings go to the Saskatchewan Environmental Society. Chef Daniel Walker will judge ingredients Saturday morning from the Saskatoon Farmers' Market. By that evening his staff will have a special meal ready for 50 guests. Tickets are \$100. (Cell 665-1910 or visit [www.environmentalists.ca](http://www.environmentalists.ca).)

## Summer Solstice Supper

June 22, 6 p.m. at Weezer's Feed & Wine on Broadview. Kick-off Sunday with a locally-sourced dinner. Proceedings go to the Saskatoon Environmental Society. Chef Daniel Walker will judge ingredients Saturday morning from the Saskatoon Farmers' Market. By that evening his staff will have a special meal ready for 50 guests. Tickets are \$100. (Cell 665-1910 or visit [www.environmentalists.ca](http://www.environmentalists.ca).)

## Saskatchewan Amateur Radio Club Field Day

2013  
June 21–22, 8 a.m. to 12 p.m., on the south-east side of the former Government of Manitoba parking lot. The club will be participating in North America's largest on-air amateur radio event and emergency communications training exercise. They will communicate with more radio stations around North America, South America and the Caribbean. Anyone ages 12 and under can join in.

## Forestry Farm Guided Walking Tour

June 22, 2 p.m., starting at the Superintendent's residence at the Saskatchewan Forestry Farm. Provided by The Friends of the Forestry Farm. A tour of the house and park. The house is open for tours from 10:30 p.m. to 3:30 p.m. Refreshments available for a fee.

## THEATRE

### German

Until June 22 at the Remai Arts Centre. Presented by Saskatoon Opera. With George Eustice, soprano. The story of the downfall of Jesus, a naive soldier who is seduced by the wiles of the Revolting German.

### KOOL-Radio Whitefish Bay

Until June 23, Wednesdays through Sundays, at the Cabin Playhouse. Written by Phil Olson. A very remixed comedy set in a small town radio station. When Lars' ice-fishing radio show loses all its sponsors to a show about books, he loses his job and must fight for what he wants.

## SPORTS

### Special Olympics Saskatchewan Provincial Summer Games

June 21–23, 8 a.m. to 12 p.m., at the south-east side of the former Government of Manitoba parking lot. Athletes, coaches and volunteers from all over Saskatchewan will gather to compete and demonstrate their talent and spirit of excellence. Competitors will have the opportunity to qualify for the Special Olympics National Summer Games in 2014.

### Thoroughbred Racers

June 22–23, 1 p.m., at Marquis Downs. With jockeys from Thailand and Jamaica.

### Mac's Froster 50 — Leprechauns

June 22, 6 p.m. to 10 p.m., at Auto Cleaning Mart (opposite the Dividians). Competing are Mac's Leprechauns, sportswear, pro trucks and mini stocks.

# WINE WORLD

## # STIEGL RADLER

### Radler low on calories, high on refreshment

By James Romanow

So there I am on CTV Saskatoon Morning Live discussing what summer beverages may rank for runners. I am leading the show my glass of highbrow intelligence, the kind of scholarly cultured person so lacking in this day's morning television. (You can spot people like me by our Berberstocks.) You can imagine my horror when having introduced Jeremy Dodge to Stiegl Radler, I watched the entire cast and crew spit out of control.

The conversation turned my Radler blue. Like the sponsor, was working the cast of the movie. (I, of course, am a fan of the Coen Brothers' *Dinner for Schmucks*, without notice in the middle of the studio and Jeremy was the one who noted some similarity. All this from a 100 ml of 10 per cent beer.) And, Heather didn't even have any! "Um," think I, "Stiegl has a warmer heart."

A Radler is literally a cockpit, but also the name for a drink, the German equivalent of a shandy. They were invented on the first Hanoi cross days, back in the 1860s, when clubs of young men would go cycling in the coast town. They would naturally stop for a beer but a couple of jugs and spoons could be an awkward mix, so the beer was de-alcoholized by watering it down with water.

Stiegl Radler is a mix of grapefruit juice and



Stiegl's Goodness. Transcendentally tart and refreshing, it makes a great thirst quencher especially on those hot days in the sun. I've seen some across this city before — raspberry or lemon are more common — but I think it best. The calories are low, and refreshment level exceptionally high.

Stiegl Radler, \$8.49\*\*\*\* (as rated by the CTV Saskatoon Morning Live crew)

More excellent fun in Monday's StarPhoenix or on Twitter @drheath.

## Crossword/Sudoku answers

DAY	TYPE	POKERS	7	9	8	5	6	3	2	1
1	ONE	HALO ANNIE	5	4	6	2	1	7	9	3
2	TAI	TECH LLAMA	3	2	1	9	4	8	6	7
3	GRAN	MINI MELSA	9	7	4	6	3	2	8	5
4	DOH	LEANING	2	1	5	8	7	9	3	4
5	VAL	TRANSMISSION	1	7	4	6	3	2	8	5
6	ISAT	WOTC THESE	7	9	7	2	6	4	8	3
7	LIT	PODUS KISS	3	2	1	5	8	7	9	4
8	HEAT	BRINS Drip	6	8	3	4	5	1	7	2
9	ALO	EXPERIATIONS	1	5	9	7	2	6	4	8
10	NAME	LOW	4	6	7	3	8	5	1	9
11	MAN	OVERBOARD	8	3	2	1	9	4	5	6
12	DU	ZEBRA RUBIE	7	8	3	2	1	9	4	5
13	QUE	MCNU CIDE	6	7	8	5	1	9	2	3
14	SIM	APOP SAGE	5	6	7	8	9	3	4	1

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# SHARPEATS

See a food trend you think deserves a highlight in Bridges?  
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 or visit Bridges on Facebook

## #FOODIE PHOTO GALLERY

### Come for the food at Mandarin restaurant

By  
 Jenn Sharp

Hailed by many as having the best Asian eats in Saskatoon, the Mandarin Restaurant is located in the heart of the city's core neighbourhood. Long before it became hip to open a restaurant in Riverdale, the Mandarin was there, serving up authentic Chinese dishes like Peking Duck and Mushroom Egg Fried Rice, along with a variety of uniquely delicious dishes too. The down-to-earth restaurant is perfect for what seems like an urban place but you'll often be hard-pressed to get a table there during the weekend's prime dinner time. The menu is packed with sofa and vegetable dishes making it perfect for vegans too.

If it's your first visit, don't be fooled by the Mandarin's lackluster interior. The food here more than makes up for the decor (or lack thereof) as it is the perfect place to go with a group of friends — snap a big table where you'll be served dishes family-style in a good ol' fashioned way. It's easier that way to share off and laugh at the (unintended) bad service. (I've had before come for the food and you won't be disappointed.)



Singapore Rice Noodles



Chicken with Green Peppers and Black Bean Sauce



Sweet and Sour Pineapple Chicken



BBQ Duck



Braised Bird's Nest



Pork Chops with Orange Sauce



Deep-fried Crab Cakes



Mushroom Egg Foo Yung



Beef and Mixed Vegetables

## # ADVICE COLUMN

# Moving to 'fantasy' relationship not the answer

**Q** I am a married man, in love with a married woman.

**HRH:** She confided that her husband treated her she's working on her relationship.

She's fat and has two kids. She drops them off at school, we chat everyday. She makes us eat. I haven't told her how I feel.

**ME:** Two kids. On each leave at home fighting a problem that's probably someone going to make us very sick. My wife works 80-90 hours weekly. She's cold, frigid.

I have a sleeping disorder, so we sleep separately; our sex life is non-existent. Only partly her fault. My wife never causes erectile dysfunction (ED).

I know she cheats, but I don't blame her. I know we're only together for the kids.

Should I just tell my wife?

Am I a cheater, wanting to break up another woman's marriage, so I can be with her though I cannot fulfill her? She just might be my mate.

**Lonely Guy**

**A** You're lost in fantasyland!

## Ask Ellie



**to YOU — creating an imaginary 'systematic' life.**

If this little-known woman respects you, that'd be another emotional nail on top of others, adding stress to your physical health.

Horrible, too, to HER — sorry but you'd be the worst escape for her — a man with long-term problems who desperately hopes she's the answer to making his life perfect.

Talk to your wife. Ask what she sees/needs for the future. Maybe she hopes you'll recover and is cold and angry because you've given up. Maybe she wants out, but won't say so when you ask.

Talk to your doctor. There are

strategies for sleep disorders, treatments for ED and other ways for an infidelity headache to subside ... if you seek solutions instead of escape.

**Q** My wife's oldest brother, Fred, lives alone in an apartment, less on car, and holds a steady full-time job.

He has no friends that we know of. He's friendly with co-workers only at work. He doesn't date, hasn't had a girlfriend in two decades. He's not sick. Not lonely (though, these days, being the lone mouse, though we're close). He avoided getting together for Christmas. He's avoided occasions before but usually showed up to the next one.

My wife gave birth to our second daughter and there was no concern to congratulate. He was too wrapped in himself whether he's going to attend an event.

Has Fred ever visited him at home several times to assure he's OK? When he solo bars about the next-friend coming he always replies he has to work. Their mother once

told my wife, "He hasn't been given the same gifts as everyone else," and he related to get help.

**Q** I'm having problems asking up and going to a doctor I don't like.

I have to go in order to maintain my life. How can I become more myself, make the heat of it and get up to snuff?

**Concerned Brother-In-Law**

**A:** He's a loner. Reinforcing his daily life. His brother's visits should continue regularly — suggesting lunch or a coffee while there's still a time to chat.

He shouldn't make his feel guilty. Elsewhere is there's a change in his appearance, or odd behaviour, his yard has chores, a family intervention needs to be discussed.

I recommend a family meeting with a psychologist experienced with patients who withdraw socially to discuss this. The brother may be masking depression, social anxiety may be a barrier of home living in place, and may already be on the edge of despair.

Do NOT stop showing him that the

family cares about him, not about showing up.

**Q** I'm having problems asking up and going to a doctor I don't like.

I have to go in order to maintain my life. How can I become more myself, make the heat of it and get up to snuff?

**Also** I don't get along with my co-workers. How can I get to know them and become friends?

**Last as my Life**

**A:** When depression takes hold, it's hard to enjoy work or the people there, and the desire to avoid all by sleeping becomes stronger.

Get to a doctor right away or go to a hospital's mental health clinic or emergency department and openly express feelings too low to get up and work, though you need to financially.

You may be given medication to lift you over this stage. Ask also for ongoing therapy to learn some coping strategies. Once you're productive getting help, you'll have more room down to make friends.



**Next week in**  
**BRIDGES**  
**Ryan Purple is**  
**a modern day**  
**Renaissance man**

